



BEGINNING TEACHERS' CONFERENCE

Wednesday, October 18, 2023

- 5:30 PM Registration & Light Supper
- 6:30 PM Greetings
- 6:45 PM Hear Their Voice: Estelle Lamoureux and students
- 8:30 PM Networking

Thursday, October 19, 2023

- 08:00 AM Breakfast
- 08:45 AM FYI
- 09:15 AM Keynote: From Surviving to Thriving – Sylvia Marusyk
- 10:45 AM Break
- 11:00 AM Workshops
- 12:00 PM Lunch
- 1:00 PM Mentorship Sessions “A”
- 2:00 PM Break
- 2:15 PM Mentorship Sessions “B”
- 3:15 PM Exit slips and goodbyes

CONFERENCE PROGRAM

Designed for teachers in their first five years of teaching

Keynote & various breakout sessions

Location:
Victoria Inn Hotel & Convention Centre
1808 Wellington Avenue
(Winnipeg)

Registration fee:
Only \$50

Register online:

<https://memberlink.mbteach.org/Event.axd?e=2675>

Wednesday Keynote:

Hear Their Voice – Estelle Lamoureux and students



As the world is changing at an alarming pace, it is crucial for educators to teach and facilitate critical thinking skills to their students. Estelle will focus on creating opportunities for students to acquire leadership and civic engagement skills for change. She will highlight the various organizations such as Ethics Bowl Canada and Manitoba Association for Rights and Liberties

The second half of the presentation will be devoted to listening to often marginalized students' experiences and the power of a teacher to make a safe classroom experience for all.

Thursday Keynote:

From Surviving to Thriving – Sylvia Marusyk



The chain reaction of events ignited by 2020 are impacting our lives, bodies, and minds. Fatigue, brain fog, unexplained symptoms, and illness are impacting performance and SAFETY in the workplace and reshaping our lives at home. Join Sylvia and learn how to reactivate your resilience and move from surviving to thriving! In this presentation you will walk away with:

1. An understanding of how stress affects the mind and body, especially chronic stress
2. Specific tools to move from survival into thriving, not just personally but also in the workplace
3. Practical solutions to deal with the three universal triggers of stress, to help participants not only mitigate challenges but also to PREVENT future challenges, at home and work.

Workshops : 11:00-12:00 (*Select One*)

W1 – Overwhelmed: How to cope with mental health challenges of being a new teacher

Presenter: **Dr. Angela Haig**

Angela Haig is a clinical psychologist. She worked in the Educator Assistance Program for 17 years, assisting educators and their partners in mental health treatment. She is currently a Staff Officer in the Professional and French Language Services Department of MTS. She has been part of Fab 5 for many years and enjoys working with new teachers. *Participants will engage in discussions about the feelings and thoughts that come with being overwhelmed as a new teacher.*

Session description:

Your job is difficult. You are likely to feel anxious and overwhelmed as you face a steep learning curve. What are some healthy ways to cope? What are some traps to avoid? Come to this session and find out.

W2 – Creating Safer Spaces

Presenter: **Sherry Jones**

Sherry Jones (she/her) is a Staff Officer in the Professional and French Language Services Department at The Manitoba Teachers' Society. Before joining the team at MTS, she was a public school educator and worked as a teacher and school leader for 16 years. In her work with the Society, she offers professional learning and advocates for equity and social justice within all areas of public education.

Teaching contentious topics can be challenging for many reasons. Both teachers and students have varying levels of knowledge about the historical and contemporary implications of these topics. In addition, many of these topics are complex and even controversial. This workshop will provide guidance for teachers on how to address contentious topics in the classroom while working with their school team and families to create safe spaces for all.

Session description:

- » How to address contentious topics in the classroom appropriately to create safer spaces for all;
 - » How to work collaboratively with communities seeking equity by engaging with the school team and families as partners in social justice work; and
 - » How to respond to difficult situations related to contentious topics in the classroom, especially when they anticipate a trap. They will also learn how to protect themselves as teachers.
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W3 – I am: Creating Networks

Presenter: **Lia Gervino**

Lia is a Staff Officer in the Professional and French Language Services Department of The Manitoba Teachers' Society. In addition to workshop development for teacher groups, she also provides support to teachers through the Society's Special Area Groups of Educators, Professional Development Chairs, and various women in educational leadership initiatives. Lia's professional background includes Inclusive Education, student services and teaching in K-12 schools, and was the vice-president of a Local Teachers' Association.

Session description:

Teaching is a demanding career and the most rewarding one too! Leveraging self-awareness to build your network with your colleagues, parents, and students. Understanding the important role trust has in building relationships. The difference between tenacity and resilience.

W4 – It's All About You

Presenter: **The Teacher-Led Learning Team**

The mandate of the Teacher-Led Learning Team is to design and deliver workshops and presentations to Society members across the province.

Session description:

Thinking proactively about teacher approaches can change classrooms. This one-hour session will guide new teachers on how to use classroom routines and other considerations to build relationships with their students to proactively establish their presence and build a classroom community.

W5 – Professional Ethics and Boundaries

Presenter: **Sascha Epp**

Sascha is a staff officer in the Teacher Welfare department of The Manitoba Teachers' Society.

Session description:

In this session we will explore the ways in which the code of official practice applies to your day-to-day interactions with colleagues as well as how your off-duty conduct may influence your relationship with colleagues and the division.



Curriculum Mentoring Sessions: Enhancing Your Teaching Practice

Connect with a curriculum mentor and your peers to examine problems of practice, brainstorm lesson ideas, share knowledge, resources, challenges, and build relationships that will support you in your first five years!

To prepare for these sessions, participants are encouraged to bring work samples, resources they have used, lesson ideas they want to work on, and questions and challenges they are facing.

The sessions are divided into two blocks. Choose one curricular area for Block A and one curricular area for Block B.

A Sessions: 13:00 – 14:00 (Select One Focus Area)

MSA1 ELA – Early Year

MSA2 ELA – Middle Years

MSA3 ELA – Senior Years

MSA4 Indigenous Education

MSA5 Math – Early Years

MSA6 Math – Middle Years

MSA7 Math – Senior Years

MSA8 Assessment

MSA9 How to prepare for a sub

MSA10 How to prepare for an evaluation

B Sessions: 14:15 – 15:15 (Select One Focus Area)

MSB1 ELA – Early Year

MSB2 ELA – Middle Years

MSB3 ELA – Senior Years

MSB4 Indigenous Education

MSB5 Math – Early Years

MSB6 Math – Middle Years

MSB7 Math – Senior Years

MSB8 Assessment

MSB9 How to prepare for a sub

MSB10 How to prepare for an evaluation

Check out the Beginning Teacher Resources online at

www.mbteach.org



A New Feature This Year:

Checkpoints

The Checkpoints are virtual meetings designed to allow for:

- Following up and expanding on what has been shared during Fab 5.
- Sharing updates on what has been working well and what needs to be improved.
- Providing feedback on what needs to be addressed.
- Pursuing and strengthening the networking initiated at the initial Fab 5 event.

Why?

Research shows that a more sustained approach to supporting beginning teachers is beneficial: it provides more opportunities to network with others, share ideas, and reflect on their practice for an extended period of time.

The Checkpoints are scheduled to take place from 5 – 6 pm on the following dates (via Zoom) *:

- #1: Monday, November 20th, 2023
- #2: Monday, January 22nd, 2024
- #3: Monday, March 18th, 2024

**Links will be sent to all participants prior to the event.*